



No 6003.43



1906

K JUL 30

DEC 18

M. Sep 13

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AUG 25

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COURSE
OF
INSTRUCTION IN SEWING

INCLUDING
PATTERN DRAFTING

FOR THE GIRLS

6003.43

OF THE

PUBLIC SCHOOLS OF PHILADELPHIA.

EDWARD BROOKS,

Superintendent of Public Schools.

PHILADELPHIA :

PRESS OF BURK & McFETRIDGE Co., 306-308 CHESTNUT ST.

1893.

ST. LOUIS EXPOSITION,
NOV. 22, 1904.
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INTRODUCTION.

Instruction in sewing was introduced into the Girls' High and Normal School in 1880. The experiment was so satisfactory that in 1885 arrangements were made for a general introduction of the subject into the Elementary Schools of the city.

Instruction is given to the girls in all the grades above the Primary; that is, beginning with the third year of the school system.

Special teachers are employed. These are assigned to districts comprising adjacent schools, and they perform their duties in accordance with programmes which are arranged by the Principals of the several girls' schools and the sewing teachers.

There are at present over 1,800 girls in the High and Normal School, and about 58,000 girls in the Elementary Schools, who receive regular instruction in sewing. There are 41 special sewing teachers employed in the public schools of the city.

The city of Philadelphia provides each pupil with needles, pins, thimble, scissors, button-hole scissors, cotton (both for sewing and darning), dressmaker's scales, emery bags, and paper for drafting patterns. Muslin, bleached and unbleached, is also furnished. A square foot of this is given at first to each pupil, and the quantity is repeated as soon as the amount given is used. The city allows six cents per annum for each child engaged in sewing.

Garments to be made or mended are also brought from their homes by the pupils.

COURSE OF INSTRUCTION FOR THE ELEMENTARY SCHOOLS.

THIRD SCHOOL YEAR—*First Half.*

Position.—The proper position of the body during sewing.

The correct method of using the thimble finger, the first finger and the thumb of the right hand.

The proper position of the left hand for holding the work.

Drill.—Drill in the method of threading the needle.

Drill in the proper method of taking a stitch and of drawing the thread through the material.

Teach correct way of holding the scissors for cutting. Paper must be supplied for this purpose.

Sewing.—Hemming: (a) turning the hem; (b) basting the hem; (c) sewing the hem.

Paper may first be used instead of muslin, to give the pupils practice in turning the hem with accuracy.

Teach the pupils how to begin basting, how to fasten the thread when beginning a hem, the slant of the stitch and the direction of the needle in hemming.

Teach the method of fastening a new thread in the progress of the hem.

2. *Overseaming.*—Overseaming on turned edges.

Teach how to fasten the thread in beginning this seam, and how to fasten a new or a broken thread.

3. *Cutting.*—Teach pupils to cut to a straight line.

Pupils who sew reasonably well may bring towels, wash-rags, and similar articles to be hemmed.

NOTE.—Pupils should be required in all the grades to express in correct English all that has been taught.

THIRD SCHOOL YEAR—*Second Half.*

Review work of preceding grade.

Special attention to be given to the proper use of thimble and scissors, to threading the needle, and to the direction of the needle in basting, hemming, and over-seaming.

Sewing.—Running seam (unequal basting to be used for this seam).

Back-stitch seam.

Back-stitch and running seam.

Half-back-stitch seam.

The raw edges of all seams to be overcast.

Towels, napkins and desk covers may be hemmed.

Sewing bags, pillow slips, oversleeves, iron holders, and bibs,—to be made.

Drafting.—Bibs and simple straight waists with strap over the arm holes.

FOURTH SCHOOL YEAR—*First Half.*

Review work of preceding grades.

Special attention to be given to the proper use of thimble and scissors, to the threading of the needle, and to the direction of the needle in basting, hemming and over-seaming.

Sewing.—Reversible seam.

Plain fell sewed with running stitch, strengthened by occasional back-stitch, finished with hemming.

Square patches.

Sheets and table cloths to be hemmed.

Pillow slips, dust caps, pen wipers, under waists, with seam over the arm,—to be made.

Books to be covered.

Four-holed buttons sewed on.

Drafting.—Yokes; under waists with seam over the arm; under waists with seam under the arm; covers to fit books.

FOURTH SCHOOL YEAR—*Second Half.*

Review the work of the preceding grades.

Special attention to be given to the plain fell.

Sewing.—Gathering: (a) placing or stroking the gathers; (b) sewing the gathers on a band, using half-back-stitching, the band to be finished with hemming.

Darning.—(a) Stocking darning; (b) dress darning (straight line).

Making.—Plain aprons; children's dresses with yokes; children's aprons with waist and skirt; and under waists with seam over and under the arm.

Books to be covered; shoe buttons sewed on; worn garments to be mended.

Drafting.—Under waists with under arm and shoulder seams; drawers; children's aprons with waists and skirts; children's dresses with yokes; infant's night dress.

FIFTH SCHOOL YEAR.

Review work of preceding grades.

Sewing.—Making narrow hems and fells.

Tucks (threads should not be drawn to secure straight tucking).

Stocking darning, patching, and angular dress darning.

French fells.

Angular patch made.

Fine gathering, with band hemmed to the gather.

Button holes: (a) cutting; (b) overcasting cut edges; (c) barring; (d) button-hole stitch; (e) mending the thread.

Drawers, combing capes, shoe bags, stocking bags, aprons, under waists and plain skirts,—to be made.

Drafting.—Drawers; under waists with one dart and with spring to fit the hip.

SIXTH SCHOOL YEAR.

Review work of preceding grades.

Sewing.—Special attention to be paid to button holes.

Bias seams of all kinds.

Gussets.

Stockings re-soled.

Herring-bone stitch and feather stitch for flannel garments.

Buttons without eyes or shanks to be sewed on.

Circular patch made.

Gored skirts, chemises, blouse waists, night shirts and flannel skirts,—to be made.

Drafting.—Chemise; gored skirt; dress sleeve; night shirt; blouse waist.

SEVENTH SCHOOL YEAR.

Review work of preceding grades.

Sewing.—French gathering; gathers to be over-seamed to a band.

Button holes with tailor finish.

Cutting, fitting, and making plain garments.

Special attention given to night dresses, corset covers, and men's shirts.

Drafting.—Corset covers; night dresses; men's shirts and night shirts.

EIGHTH SCHOOL YEAR.

Review work of preceding grades.

Sewing.—Cutting, fitting, and making garments of all kinds.

Special attention to men's shirts and to dresses to fit pupils.

Drafting.—Dress waists; skirts; and sleeves.

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